



Aging Unit of Iron County

October 2014



MENU HAPPENINGS

Hurley 561-2108 Mon. to Fri.		Mercer 476-2113 or 1-800-950-8744 Tues. to Thurs.		Saxon 893-2333 Tues. to Thurs		Springstead - Wed 476-2113 or 1-800-950-8744	
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE			1 Spaghetti with Meatballs Corn Tossed Salad Jello Bread, Milk Bingo	2 Ham Cheesy Hash browns Country Blend Pea Salad Apple Pie Bread, Milk	3 Pasty Pie Carrots Cuke Salad Cookies Bread, Milk	4 items may be changed without notice. All substituted items meet or exceed USDA standards for your RDA.	
	5	6 Pot Roast Baked Potatoes Carrots Cottage Cheese Pudding Bread, Milk	7 Swedish Meat Balls Noodles Green Beans 7-Layer Salad Cake Bread, Milk Card Games	8 Baked Chicken Potatoes Au Gratin, Peas & Carrots Macaroni Salad Apple Crisp Bread, Milk Bingo	9 Sweet & Sour Pork Rice Mandarin Orange Blue Berry Muffins Bread, Milk	10 Beef Stew 3-Bean Salad Donuts Bread, Milk	11
12	13 Ribs & Kraut Mashed Potatoes Green Beans Fruit Cocktail Pudding Bread, Milk	14 CHEF'S CHOICE Boiled Dinner Apple Sauce Peachs & Cream Bars Bread, Milk Card Games	15 Oven Fried Chicken Mashed Potatoes, Peas Orange Juice Sherbet Bread, Milk Bingo	16 Lasagna Cauliflower & Broc Tossed Salad Jello Bread, Milk	17 Meat Loaf O'Brian Potatoes 5 Way Blend 7-Layer Salad Blue Berry Crisp Bread, Milk	18	
19	20 Beef Tips & Noodles Corn Cottage Cheese Pudding Bread, Milk	21 Halloween Party Boo Burgers with Cheese Potato Wedges Baked Beans Lettuce & Tomato StrawberryShortcake Card Games	22 Roast Beef Mashed Potatoes, Green Beans Beet Salad Cake Bread, Milk Bingo	23 Lemon Chicken Pasta, Carrots Tossed Salad Jello Bread, Milk	24 Chili, Carrot Salad Pear Cobbler Corn Bread, Milk	25	
26	27 Barbeque Chicken Tater Tots Stir Fry Vegetables Fruit Cocktail Pudding Bread, Milk	28 Sloppy Joes Wedge Fries Baked Beans Tossed Salad Poke Cake Bread, Milk Card Games	29 Swiss Steak Mashed Potatoes, Wax Beans Tomato Juice Ice Cream Bread, Milk Bingo Games	30 Pork Stir Fry Rice, Egg Roll Tropical Fruit Cake Bread, Milk	31 Pizza Pasta Salad Peach Cobbler Bread, Milk	This menu has been approved by Mary Jo Coleman, Registered Dietician.	